

MRS. WILSON HELPS OUT WITH GOOD SUMMER MEALS

Fresh Fish Is Plentiful Now and Should Be Used Once or Twice a Week at Least to Provide Variety—Dried Peas Instead of Meat

By MRS. M. A. WILSON (Copyright, 1920, by M. A. Wilson. All rights reserved.)

Many housewives find that meat once a day is necessary for the physical well-being of the family. Yet they will but try a little less meat and make it fill these requirements during the warm weather.

The increased cost of meat has made it costly for a dollar-and-a-half dinner to obtain full value for the money spent, and unless conditions change materially within the next two months we may not expect lower prices. Now with this thought in mind the family can be easily trained to eat sufficient amounts of other foods to replace this expensive item of our bill of fare during the summer.

Replace the expensive steaks and chops with other meat, and right here I want to call your attention to the fact that hamburger steak is not an economical cut by any means. So use, in place of these costly portions, the cheaper cuts, which should be cooked by long, slow, moist cooking.

Cheese, store-bought American cheddar, cottage or pot cheese, may be used to replace meat. Baked dried peas, navy, marrowfat, lima and soy beans may be used occasionally.

Remember when purchasing meats that the bone and trimming and fat, which are cut from the purchased meat, should be brought home and used for stock. Cuts from the neck, which are thought to be the most delicious when cooked slowly, will always make plenty of gravy. The chef will tell you that he usually makes double the amount needed. The left-over gravy can be used to reheat vegetables and for sauce and soup.

During the summer nearby fresh fish is abundant and should be served twice daily. Tomatoes, baked, fried and in fritters, will afford variety, so if you will but wash and scrub you will find it easy to provide variety.

Keep in mind that the fresh green vegetables pay big dividends in good health, acting as scavengers to the digestive tract. They also supply the blood stream with important vitamins and mineral salts.

The valuable mineral element in food is easily destroyed by cooking, so do not, under any circumstances, use bicarbonate of soda or baking soda in cooking these to make them tender. Baking soda neutralizes and destroys the living elements in green foods. Do not salt until just before ready to serve. Salt not only toughens the fiber, but also causes changes in the food which make it unpalatable.

When preparing lettuce for the table wash thoroughly in warm water with one tablespoon of salt to the quart to loosen and remove the many tiny invisible insects which cling to the crevices of not only the lettuce, but also endive, celery, escarole, watercress, radishes and cucumbers.

Wash tomatoes in cold water and then wipe dry and place in the icebox to chill for slicing. Keep in mind that dirt and dust will cause disease and must be kept from the tomatoes. Steam them.

Roaches, ants, mice and flies and other vermin do not come into clean homes. If they make their appearance they must be fought to extermination. The roach is the biggest offender and is frequently responsible for the roaches and ants.

For small children and babies, whose diet consists of milk, which should be kept clean and cool, do not permit the milk to stand around either in the bottle or in cups. Boil all drinking water and cool it before using.

Candies and cheap ice cream are absolutely dangerous and have no place in the small child's diet. Be satisfied to give the little one plenty of steamed fruit, whole-wheat bread and well-cooked vegetables and clean milk. Teach the little one to eat daily a small portion of crisp lettuce.

Each small child should have daily the juice of one orange.

Here are some dishes which will help eliminate the expensive meats from the budget:

Dried Pea Pudding

Wash one-half pound of dried peas and soak in plenty of cold water overnight. In the morning wash again and cover with cold water, bring to a boil and cook until tender. Now wash the peas without draining, through a fine sieve. Cool. This should be a thick puree. Now mince fine one onion and sufficient parsley to measure one-half cup. Place in a mixing bowl and add cup of pea. Two and one-half cups of puree of pea. Two well beaten eggs. One-half cup of bread crumbs. Two-thirds cup of milk. One teaspoon of salt. One-half teaspoon of pepper.

JUST THINK!

YOU may be one of the prize winners of the PRIZE MENU CONTEST this time next week.

The awards are given for the best menu for a dollar-and-a-half dinner for four persons, and they are as follows: First, \$2.50. Second, \$1.00. Third, \$1.00.

Rules—The foods used must be staples and in season. Each menu must be accompanied by a sales slip showing the cost of the materials needed. The name and address of the sender, and the date must be clearly written. Address all menus to Mrs. Wilson's Menu Contest, Evening Public Ledger, Independence Square.

Mrs. Wilson's Menu Contest

Place in a baking pan containing water about two-thirds depth of cups. Bake slowly in oven until firm. Serve with Hollandaise sauce.

Place in a saucepan. One-half cup of milk. Two tablespoons of flour. Stir to dissolve the flour and then bring to a boil and cook slowly and then add.

One teaspoon of salt. One-half teaspoon of white pepper. One-quarter teaspoon of mustard. One-half teaspoon of onion extract. Yolks of two eggs. Two tablespoons of butter.

Beat hard to blend and then bring to boil and cook for three minutes slowly. The entire cost of this dish would be:

Peas \$.07. Four eggs20. One-half cup of bread crumbs02. One cup of milk04. Seasoning03. Butter05. Total \$.41.

And this would provide the family of four with a protein dish containing food value equal to about four pounds of meat.

If this dish is planned in the following menu:

Chilled Tomatoes. Radishes. Pea Pudding. Hollandaise Sauce. Paprika Potatoes. String Beans. Coleslaw. Coffee.

The family would obtain ample nourishment at a reasonable cost.

Two tomatoes \$.06. One bunch of radishes06. Pea pudding41. Four large potatoes10. One quart string beans12. Small head of cabbage12. Dressing05. Tarts25. Coffee05. Bread and butter20. Total \$1.29.

Nearly twenty-eight cents per person. Try this menu:

Clear Bouillon. Radishes. Young Onions. Baked Stuffed Peppers. Parsley Sauce. Potatoes au Gratin. Braised Cabbage. Tomatoes. Stewed Raisins. Raspberries. Cream. Coffee.

Soup bones \$.15. Radishes10. Onions05. Four potatoes12. Cabbage10. Two tomatoes05. Lettuce10. Raspberries10. Milk15. Cream18. Coffee05. Seasoning14. Total \$1.40.

Or twenty-eight cents a person.

To Prepare the Bouillon Wash the soup bone and then place in the saucepan and add five cups of cold water and one onion, minced fine.

One-half teaspoon of poultry seasoning. Simmer slowly for two hours on simmering burner. Season. Remove the bone and cook off the meat clinging to the bone. Mince fine and then add.

Two cups of bread crumbs. One teaspoon of salt. One-half teaspoon of pepper. One-quarter teaspoon of poultry seasoning. Three tablespoons of shortening. One egg. Two-thirds cup of milk.

Mix and fill into peppers. Place in baking dish and add one-half cup of water to prevent peppers from bursting, and then bake in moderate oven for thirty-five minutes.

Using a low cost meal to help vary the menu the housewife must allow sufficient variety in food to help balance the entire menu.

Mrs. Wilson's Menu Contest

My Dear Mrs. Wilson—Inclosed find my menu for the contest. MISS F. R. Baked Hamburger Steak. Baked Potatoes. Asparagus Tips. Corn. Lettuce with Dressing. Bread and Butter and Coffee. Stewed Cherries.

Steaks and chops and other fried meats are not considered in the menu contest. Try a more slowly cooked meat. This answers Mrs. J. C. 100.

My Dear Mrs. Wilson—Inclosed you will find menu for dinner for your contest. MISS M. Z. Creamed Beef on Toast. Lettuce with Dressing. Mashed Potatoes. Asparagus. Butter Sauce. Strawberries. Coffee. Surely you can plan a protein dish more appetizing than creamed beef, couldn't you?

Honor List

Mrs. M. A. Down. South Fourth Street. MENU. Fresh Pea Soup With Dumplings. Fried Fish (Butter). New Corn. Lettuce with Dressing. Tomato Salad With Oil. Stewed Cherries. Bread, Butter and Coffee.

SALES SLIP. One-quarter peck peas \$1.10. One egg and flour for dumplings07. Two pounds fish (butter)30.

How Do You Wear Yours?

A Daily Fashion Talk by Florence Rose

Mrs. Hodgson, 149 North Edgewood street, West Philadelphia

Pot Roast of Beef. Mashed Potatoes. String Beans. Buttered Beets. Lettuce and Tomato Salad. Bread and Butter. Stewed Peaches. Coffee.

SALES SLIP. Two pounds of lean brisket \$3.20. One shortening and flour06. One quart of string beans13. Potatoes15. Two tomatoes08. Vinegar02. Bread05. Butter10. One-half pound evaporated milk15. One-quarter cup sugar (for sauce and coffee)07. Total \$4.49.

The Woman's Exchange

Cleaning White Satin Hat. To the Editor of Woman's Page: Dear Madam—Will you kindly advise me how to clean a white satin hat? Would you like to know if it is possible as I am going on my vacation the last week in July.

A CONSTANT READER. Spruce the hat with carbon tetrachloride which can be bought at the drug store. Wipe one portion of the hat in dry and clean, then take in the edge of that portion when you start on the next, so that there will be no lines showing where you started and stopped each time.

Cleaning Wall Paper. To the Editor of Woman's Page: Dear Madam—Kindly tell me through your column the very best way to remove green stains, all stains, from wall paper.

MRS. M. B. J. One well-recommended way of taking green stains from wall paper is by rubbing with dry bread crumbs. If the green stain is so bad that it will require hard rubbing that might injure the paper, catch the bread in a cloth or fuller's earth, magnesia or even talcum powder as will stay on. Leave it there for twenty-four hours before brushing off, very lightly. Several applications may be necessary. A good way to clean the whole wall is to use dry wheat bran, placing it on a dry sponge and rubbing with a gently wet cloth. Spread a cloth on the floor to catch the bran as it falls, but use clean bran for every application. This will remove general dirt and dust from the paper.

The Question Corner

Today's Inquiries. 1. When the key of a sardine can is missing, what substitute will do the work just as well and more easily?

2. What is said to be a good remedy for freckles?

3. In what simple, attractive way is a plain black bathing suit trimmed?

4. How can a typewriter be easily and quickly cleaned?

5. What style of sweater is popular for this season?

6. When flowers are to be sent away or carried in a box for some distance, how can they be kept fresh?

Yesterday's Answers. 1. A convenient device which combines two necessary house furnishings, hiding one unsightly one, is a combination telephone and electric lamp, which has the mouthpiece in a flower painted on the glass shade, and the subject of mind does not make for friendship with other girls. It never gives credit for right feeling on the part of others. Think that over and change it and you'll soon be popular.

How Old is "De Jure"? Dear Cynthia—With your permission, I "A Man" would say a few words to De Jure. First of all, I question the right of De Jure to discuss a subject of which he knows so little and when he expressed his desire to close the subject he proved his desire to close the subject more so by saying those who did not know of him did not know of what they spoke.

You ask Billie to answer the question, "Why does he love me?" I am surprised at your ignorance and am amazed that you, the man who dare come out and discuss the rights of women, should be so ignorant when you cannot answer for the question, I am surprised at myself for asking you seriously, "Don't pull the old gag, 'I knew all the time, I just wanted to see if you knew.'" Come out with the truth and admit you don't, and I will, through this column, tell you, I know, because I am the proud possessor of it, and at the same time will tell you just what is wrong with you if you want to know.

You think you can look around and count the successes and failures in marriage. Don't fool yourself, you can't. You only know the half of it.

Now, De Jure, let me give you a tip. I am a married man, thank God, and I say it with reverence. You will never know a girl until you have won and wed her. Another tip. Don't go into a butcher shop to buy oil for that old car of yours. The nearest thing you can get is lard and that is a very poor substitute for oil. No more should you go along the highroad or the Parkway and try to pick up Miss Right, because if she happens to be there she will have nothing to do with you, and the best you will get will be a poor substitute for oil.

Let us know how much or how little you know. I hope my letter is not too long. Cynthia, but I could not write a book to De Jure if I thought it would do him any good. How old is he? A MAN.

She's With "Cepas". Dear Cynthia—I am with Cepas, regarding the point and powder question. I am a young lady of twenty-nine summers, and in all that time I am proud to say I had enough common sense to know nature cannot and will not stand being tampered with. I use very little powder, and then in summer time only, but do not dab my nose and chin until they look like a piece of marble as Cepas says.

A respectable girl or woman will not make herself conspicuous with either paint or powder. Such girls are always laughed at and discussed freely among men, instead of being admired as they think they are.

As for girls looking in every mirror they see and standing before the chewing gum and the friends of the subway, that is all absolutely true. Those are the type of girl who fall for flattering remarks from their friends for something that is entirely their own fault. Don't you think I'm interested?

"It made me uncomfortable." "Yes, but Elise, so many women are miserable in marriage because men make them so, men who are unworthy." I know it. I'm not holding a brief for the men by any means, but I do think that a clever woman if she is willing to take the trouble can work wonders for the man by the marriage state. You, for instance, Barbara. You have everything—youth, beauty, charm, everything a man could want. You could be a pin-oak if you would.

Do you remember when you told me that in school? Barbara smiled faintly. Elise nodded. "That was because I was interested in you," she twinkled. "I made me uncomfortable." "Yes, but Elise, so many women are miserable in marriage because men make them so, men who are unworthy." I know it. I'm not holding a brief for the men by any means, but I do think that a clever woman if she is willing to take the trouble can work wonders for the man by the marriage state. You, for instance, Barbara. You have everything—youth, beauty, charm, everything a man could want. You could be a pin-oak if you would.

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When living in apartment houses, as so many do, it is often necessary to devise ways and means to secure privacy. We have found that by putting a thin coat of good white paint on the outside of the window screens, it is easy to look out, but those on the outside can not look in. Try this for yourself.

If the screens and casings of windows are lightly rubbed over with a cloth moistened in kerosene every day or two, the flies will not collect on the outside of the doors ready to swarm in the instant the doors are open. This is a particularly easy way of keeping flies out of the house where there are small children, and in and out. Not much of a nuisance, and it is applied to enough kerosene should be applied to be noticed by anybody but the flies.—Good Housekeeping.

The Marriage Trifler

By HAZEL DEYO BATCHELOR (Copyright, 1920, by Public Ledger Co.)

Barbara Knight, married to Keith Grant, wants to go right on having her own way about things, as she did before she was married. She is the most of the girls in her set, and she has a good time at any one's expense, and in this way it is at Keith's expense, for he wants a real home and a wife who is not a society supporter. When Barbara hears of an exceptional private secretary and an exceptional woman, Keith meets some real people. When Barbara hears of an exceptional private secretary and an exceptional woman, Keith meets some real people.

Keith has not noticed before that her blind-seeking after a friend who may understand, she meets a girl who used to go to school with Elise Bartlett, who carries her own living.

"Elise, do you ever think about marriage?" Barbara asked abruptly as she handed back her cup for some more tea.

"Do you mean personally or just in a general way?" Elise asked calmly. She was sitting with her back to the light and Barbara could see her face only in shadow. She thought suddenly that Elise was not exactly the kind of woman who would appeal to men. There are women like that, women who are too independent, who are not exactly lacking in femininity, but who hide under a barrage of keen gibes. Most men are afraid of ridicule, and if they suspect that they are instead of as they appear to be, they rather fight shy of appearing to be that kind of a person.

Women of that kind are hiding something, too. They lack the ability to make small talk, to coquet and gush, and because they are nervous and not sure of themselves, they lack the kind of wit or sarcasm, generally at the man's expense, in a general way, of course," Barbara returned quickly.

Elise considered for a moment, stirring the sugar into her tea, and finally spoke. "That's a job of course, and some women succeed, while others don't."

Barbara gasped. "You seem surprised," and Elise laughed. "That's the way I look at it. You must remember that it's a personal viewpoint, but look at it in your own way. You take a girl who works in an office, that's her job. She has to be interested in her work, she has to be good in order to hold it down and draw her salary. If wives would look upon marriage in the same light there would be less unhappiness in the world. It's stopped. I sound as if I were delivering a lecture, don't you?" she laughed.

"Oh, please, go on," Elise said. Barbara's tone was a little breathless. "Well, marriage is a job. A woman undertakes to make a man happy, and incidentally herself. First of all, she studies her man. She finds out what he wants from life, she learns the things that interest him and she gives them to him. In return he takes care of her, protects her, and supports her. It's a course, that isn't the only kind of marriage, but that's the most common kind."

"Don't you think that's a little bit of a book to De Jure if I thought it would do him any good. How old is he? A MAN."

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JOAN HAD NO TIME FOR MEN UNTIL SHE MET A CERTAIN ONE

Then She Began to Allow Her Natural Prettiness to Show Through Her Businesslike Efficiency—They Always Fall Hard

"I LIKE men individually," remarked Joan, with great indifference in her tone. "That is, I like some men very well, but as a class in general I haven't any time for them, and I don't like to be bothered with them."

Joan has her own interests. She is a thoroughly efficient, successful business woman, and although she is not quite thirty she has built up an enviable reputation for competence and reliability. She has had her "beaus," but they have bored her. Last winter, when the streets were so icy and everybody clinging to everybody else for support over the slippery pavements, Joan tripped along in the same old independent way, resenting it deeply if any man offered her his arm. She could walk, she declared afterward, as well as any man and much better without his help.

In time the "beaus" gave up in despair at her friendly, nonchalant independence of them. If her hat slid off when they were wanted, they were decided. Joan had her own good time in her own way. If she wanted candy she bought it. If she liked the decoration of a play she got together a crowd of girls and went to see it. She played basketball with the girls in winter and she swam with them in summer. She got up bravely to church, she had a thoroughly good time, but she was rather aggressively independent.

Her hair, beautiful, thick stuff with a natural wave in it, was combed back in a simple way that took all the wave out of it and made it look like just any kind of hair. If her hat slid off when they were wanted, they were decided. Joan had her own good time in her own way. If she wanted candy she bought it. If she liked the decoration of a play she got together a crowd of girls and went to see it. She played basketball with the girls in winter and she swam with them in summer. She got up bravely to church, she had a thoroughly good time, but she was rather aggressively independent.

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